

**Exercise Class Schedule**  
**Room B-62, KHHOA**  
**Effective April 4, 2014**

Class	Day of Week	Time
<b>Salsa (Beginning)</b> Lynell Pearson (213) 974-6255 Free of charge	Monday	12:00 P.M. – 12:50 P.M.
<b>Yoga (All levels)</b> Sam Grahm (323) 667-2671 \$10/class; \$50 for 6 classes	Tuesday	12:00 Noon – 12:50 P.M.
<b>Body Toning &amp; Sculpting</b> Juan Carlos Larios (323) 251-8157 \$5/class	Tuesday	5:30 P.M. – 6:30 P.M.
<b>Mat Pilates (Beginning)</b> Niambi Sims (323) 309-1802 \$12	Wednesday	12:00 Noon – 12:50 P.M.
<b>Salsa (Beginning)*</b> Lynell Pearson (213) 974-6255 Free of charge	Thursday	12:00 Noon – 12:50 P.M.
<b>Zumba &amp; Toning Fitness</b> Juan Carlos Larios (323) 251-8157 \$5/class	Thursday	5:30 P.M. – 6:30 P.M.
<b>Pure Abs Only</b> Juan Carlos Larios (323) 251-8157 \$5/class	Friday	12:00 Noon – 12:50 P.M.

\* The Thursday Salsa class will not meet one - two days per month due to the Healthy Connections seminars. The Healthy Connections seminar schedule is posted in Room B-62.

Classes are taught by certified, private instructors or County volunteers. Participation is voluntary, and the County is not responsible for any fees or damages arising out of any injury that may be sustained by participating in any of the above classes.

Space is limited. Participation will be on a first-come first-serve basis.

Questions about the exercise program should be directed to Merce Gillo, Department of Human Resources, at (213) 738-2266.

Effective 04-04-14